



Little Traverse Bay Bands of Odawa Indians

Gijigowi Bipskaabiimi Department
in partnership with Community Health
Presents

Traditional Foods With Modern Flare

6/8 1st cooking class **“Safety in the Kitchen”**

Sue Gasco, Safety Coordinator

Changes in Historical Diets Emily Proctor, MSU Extension

Asparagus Dish & Blackberry Lemonade

7/6 **“Healthy can taste good”**

with Regina Brubaker, Health Educator

Healthy Substitutions. Cooking with Potatoes

8/3 **“Heart Smart”**

with Regina Brubaker, Health Educator

Cooking with Tomatoes & Fish

8/31 Last class will be using what we learned to make
sides for Family Game Night pot luck! Wild rice and dried
Cherries

Register now

Space is limited to 25 people

You must attend the first class to participate in this series.

Please call Dawn Nightlinger (231) 242-1485

Email me: dnightlinger@ltbbodawa-nsn.gov